

Becoming an Outdoors-Woman® Workshop

Course Descriptions

NIU, Lorado Taft Field Campus, June 5-7, 2015

Archery I: An introduction to terms and equipment. Participants will be instructed in basic instinctive shooting skills/styles with opportunities to target shoot. Lots of arrows flying!

Basic Fishing: Introduction to the equipment and skills necessary for the novice angler. Participants will learn about fish habitat, equipment selection, knot tying casting, and fish cleaning. Basic fishing is a good class leading into the Bass Fishing class.

Firearms and Firearm Safety: The course will cover basic firearms, firearm safety, introduction to selecting firearms, and proper handling and storage of firearms. This course is a prerequisite for anyone who does not have the safety education card and wishes to shoot in a class.

Girls with Power Tools: Power tools may look and sound intimidating, but with the proper training, these tools can really save you time and money around the house. Learn the different parts of power tools, safety factors, and how to operate.

Handguns: Learn the basics of selecting a handgun, handgun shooting, cleaning, and self-protection. LIVE shooting at handgun range. Firearms Safety is a prerequisite for this session unless participant has IDNR Safety Education card. Handguns and ammo provided. Participants may bring their own handgun as long as they have a valid F.O.I.D. card. **\$10 ADDITIONAL CASH FEE PAYABLE AT WORKSHOP.**

Shotgun 1: Participants will learn techniques of shotgun shooting. This course includes practical shooting experience in overhead passing clay targets. The firearms safety course is a prerequisite unless you have verification of completing a Hunter Education course.

Bass Fishing: Learn about the equipment, tackle, and techniques used by professional bass anglers to land that trophy largemouth bass.....or just a relaxing day of bass fishing with your family.

Equestrian Care / Riding: Learn the basics of how to ride a horse and everything it takes to prepare yourself and the horse for riding. Includes a trail ride of approximately 45 minutes. **\$15 ADDITIONAL CASH FEE PAYABLE AT WORKSHOP.**

Basic Canoeing: Enjoy a canoe trip down the scenic Rock River. Trip will take approximately 2 hours. The basics of canoeing will be covered on shore before the trip. Wear comfortable clothing!

Advanced Shotgun Wingshooting: So you've taken Shotgun 1 and want to be challenged a little more? This class offers several, more challenging target presentations along with a lot of shooting!

Rifle: Learn the basics of shooting a rifle, and current firearm issues. LIVE shooting at rifle range. Firearms Safety class is prerequisite for this session unless participant has IDNR Safety Education card. **\$10 ADDITIONAL CASH FEE PAYABLE AT WORKSHOP.**

Woodswoman 101: Participants will gain skills in outdoor living while learning local ecology. Practice "reading the landscape," following animal tracks and signs, identifying native plants and their uses, and making a fire with both high- and low-tech tools. Everyone will have a chance to try their hand at log splitting To top it off there will be a demonstration of skinning a mammal and field dressing a bird.

Birding: Want to become a better birder or just learn how to identify the birds outside of your window? Learn how to use a field guides, binoculars, and other tools of the trade. Birding is a hobby enjoyed by young and old alike. You'll be hiking as part of this class.

Dutch Oven Cooking: You will have the opportunity to prepare and cook several dishes and taste them all! Learn the basics of cooking with cast iron and the dutch oven. Also included, how to clean and store your cast iron.

Camp Craft: Want to learn how to build furniture for your campsite? This session will teach how to tie several basic knots, common uses, and their applications for lashing two or more poles together to creature

useful objects such as chairs and tables. Also, short discussions on useful outdoor skills.

Bee Keeping: Honey bees are often misunderstood. Their benefits to natural communities are far reaching, not to mention the tasty honey! Learn how complex honey bees and their hives are and the benefits of having them around. CAUTION: Even though you may not get stung, participants will be around live bees. If you think you may be allergic to bee stings, please do not take this class. Equipment provided.

Ammunition Reloading: Buying ammunition nowadays can be expensive and difficult depending on availability. A cheaper method is to reload your own ammunition. Learn the basics of equipment, supplies, safety, and the satisfaction of doing it yourself.

NEW CLASSES FOR THIS WORKSHOP

Landscaping for Wildlife: Learn how Illinois native plants can infuse your existing landscape with biodiversity and beauty. Create a "bee home" and receive a native plant to begin making a difference in your own backyard habitat.

Invasive Species: Learn the differences between native plants and invasive plants. You'll receive hands-on instruction in identifying, removing and controlling invasive plants. Class will be hiking through woods and removing some of the invasive plants found at Lorado Taft.

Rock Climbing / Rappelling: Want to get some adrenalin pumping?! Learn how to rock climb & rappel. Equipment and supplies provided. This is an all-day, off-site class (Saturday) at Mississippi Palisades State Park, 45 minutes from Lorado Taft. Lunch will be provided at Mississippi Palisades. Rock climbing in the morning and rappelling in the afternoon. **\$10 ADDITIONAL CASH FEE PAYABLE AT WORKSHOP.**

Team Building Course: This class is simply participating in the Team Building Course at Lorado Taft. The course has physical activities designed to build team dynamics. Although the physical activities are not strenuous, this class does require some limited physical abilities. Class also includes a 20 minute hike to/from the Teams Course.

Nature Photography for Beginners: A class for absolute beginners in nature photography. Learn basic principles for getting that great nature photograph that lasts a lifetime. Class includes a hike around Lorado Taft getting some hands-on photography time. Bring your own camera and abilities to download your pictures to laptop.

Picnic Table Yoga: Experience a well-rounded series of Yoga positions incorporating a standard picnic table. Perfect for anyone wanting to sooth sore muscles after a long hike or upon waking from sleeping in a tent all night. There is a trail hike included in this class.

Wood Carving: Release your creative and artistic side in this class! Learn carving concepts, tools, and procedures for creating that perfect carving. Wood carving is a hobby that can be enjoyed by everyone!

Archery 2 (Advanced): Once you've learned some archery basics, this class offers advanced archery concepts and target presentations. Lots of fun with experienced instructors!

Fly Fishing: Experience the silent artistry of fly fishing. Receive hands-on instruction in fly casting. Once you become comfortable with your casting, try it out on the water with some on-pond fly fishing.

